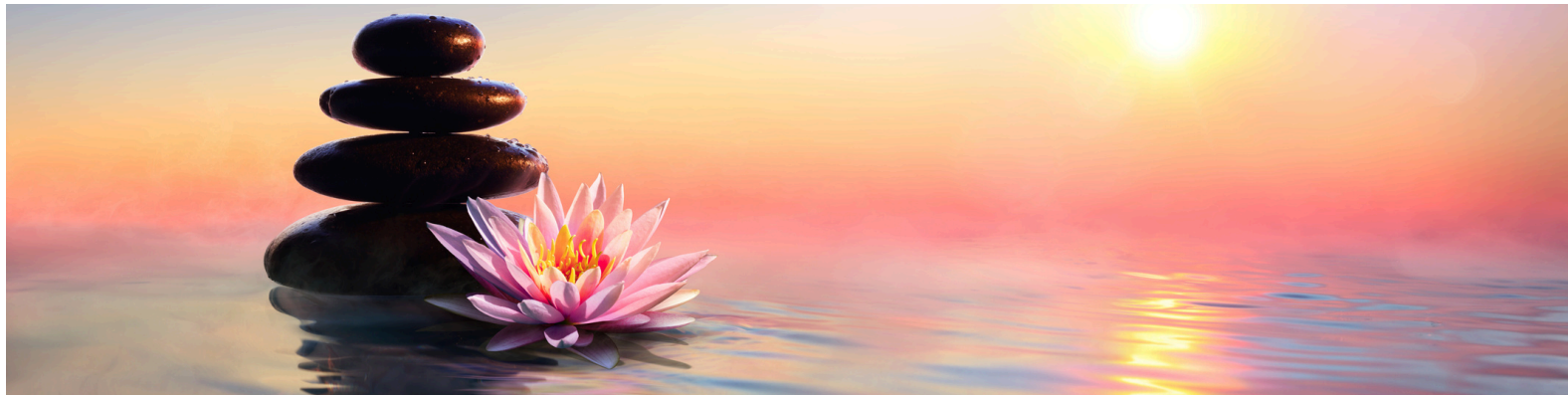




CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

WESTCHESTER SENIOR CENTER

8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG



MEDITATION GROUP

— WITH SHARESELFHELP.ORG —

**JOIN A 10-15 MINUTE GUIDED MEDITATION WITH DISCUSSION
THAT CAN HELP REDUCE STRESS, IMPROVE SLEEP QUALITY,
AND INCREASE BETTER MOOD REGULATION**

ROLLING ENROLLMENT

MONDAYS | 9AM

MORE INFO: EMAIL: REBEKAH@SHARESELFHELP.ORG
OR CALL 323-864-8750

**REGISTER NOW - ONLINE AT LAPARKS.ORG,
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ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.



WESTCHESTER.SCCLA





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Artist's Way

MONDAYS 10:30AM

12 week interactive workshop for people interested in rediscovering their creative talents and move through creative "blocks."



With shareselfhelp.org

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GRIEF & LOSS GROUP

"LIVING WITH LOSS"
EDUCATIONAL SUPPORT
GROUP FOR PEOPLE
LIVING WITH GRIEF
FROM ALL DIFFERENT
TYPES OF LOSS IN
THEIR LIVES

Mondays at 2:30pm
***rolling enrollment**

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Serenity for Seniors

MEDITATIONS AND VISUALIZATIONS



VISUALIZATIONS FOR YOUR HEALTH,
HAPPINESS, AND WELLBEING. JOIN BARBARA
(LCSW) TO EXPERIENCE THE BENEFITS OF
MEDITATION AND VISUALIZATION.
WHAT IS VISUALIZATION YOU MAY ASK?
JUST COME AND SEE!!!

\$FREE

MONDAYS 4-5PM / DATES: 1/13 - 3/17

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